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CH: The one you have here on the top shelf, is that the Holy Death (la santísima muerte)?

S1: Yes.

CH: Do you have any of Saint Therese (Santa Teresa)?

MOJ: Also the rue outside, and the death sculpture that is up on his shelf, and –

CH: Family?

MOJ: Uhum.

CH: Family, like?

MOJ: Siblings, parents- what they do and where they are.

CH: There are a few weird illnesses that we would like to ask you about. For example, I don't know if you've heard of "**mal aire**" (bad air)? That is if someone is struck by air, or something like that.

S1: Like when a person bends over and takes in air, or what? - On their face?

CH: Well, it says here-something that is simply known as "**mal aire**" (bad air).

S1: But does it say whether it is in the bones, the stomach, or on the head because it can affect different areas?

CH: Well tell me about how a person can contract "**mal aire**."

S1: When you are doing a lot of chores inside, where it is warm, and then you go outside to the open air, where it is cold, your face can get twisted or if you bend over, you might end up like that old man on television.

CH: So if a person bends over they can catch bad air?

S1: If you perform a strenuous movement and can't straighten yourself up, yes. You end up like that old man that comes out on TV.

CH: Can you fix that?

S1: He looks like him-yes.

CH: What old man?

S1: This one that comes out in a Spanish television commercial.

CH: In Spanish?

S1: Yes.

CH: I don't know if I've seen it.

S1: Yes, he looks like him though.

CH: So if someone ends up like the old man, then that means they caught bad air?

S1: Yes, they caught some air. That condition can be cured by massaging and passing an egg and rue (*ruda*) over the body- just the way I do. It can also be treated with capsules known as "*traka de aire*."

CH: "*Traka de Aire*?"

S1: Yes, these are found only in Guatemala- "*traka de aire*"- it's a liquid. It can also be treated with "*ventosas*". You take a piece of a candle (candela), you stick it on a penny and you place the person on their stomach. Now, you don't place it here, or on the kidneys, you place it here-in a fatty area, like on the butt cheek, on the leg, but not on the heart or face because you have to place the candle over the person's skin, which is then covered with a glass that is held in place to perform a suction.

CH: With the glass?

S1: Yes.

CH: Suction Cups. Ok so that is how you treat someone with bad air, right?

S1: Yes, but you do not do it in this area here because the suction is quite strong.

CH: Right and it could cause more harm to someone...

S1: Oh yes, because a very strong pull is performed.

CH: Give me a moment.

CH to MOJ: How would you define rickets? What exactly are rickets?

MOJ: Bone disease that results in bowlegged-ness- can't walk very well because the legs are going outward...

CH: Ok, that's rickets?

J: Yes

CH: I don't have the name for this illness, but is there an illness where a person has a condition in his/her bones that causes them to become bowlegged, like with their legs in a sort of arch rather than straight?

S1: Flat feet (pies planos)?

CH: I don't know, but when the person is (cascorva)-that is walking with rounded legs, like this, instead of straight. [bow-legged]

S1: Flat feet? (Is not understanding the question or rather the terminology "cascorva.")

CH: I don't know, but when a person is (cascorvo).

S1: When the person is limping?

CH: Limping, but....

S1: That can happen to a person that uses a lot of force, strains himself, and causes something to burst. If the person does not receive proper care then the result is one leg will end up shorter than the other.

CH: We talked about that last time.

S1: This condition occurs due to bruises. For example, when you fall and you don't treat it with massage. Usually, it is men that suffer from broken parts.

CH: But do you know of any other illnesses that are related to the bones?

S1: Polio?

CH: No, but how would you treat Polio?

S1: I don't know anything about that.

CH: It's like when a person's legs look like this...see.

S1: Yes, they walk crooked? (still confused about the question)

CH: That walk like this because they are rounded. When a person is "corvo." When a person stands up, the person's legs are straight, but when the legs are rounded due to bone problems-do you know anything about that?

S1: Is it when they get really small because of a lack of calcium?

CH: No-maybe I'll have to look for the name of that illness in Spanish.

S1: O.k.- because I don't know.

CH: He's not sure, I tried to give him hints but he's not sure. Ok, "evil eye" (mal de ojo)-what did we want to know exactly about the evil eye?

J: Well I don't remember if we've asked him about it, do you?

CH: Oh, talking about the evil eye causes snakes and toads to be insinuated into the body.

J: Well, evil eye can cause a lot of things. Ask him what some of the illnesses are that result from the evil eye and how you get rid of them. How you treat them.

CH: OK, What are some of the types of illnesses that someone can contract due to the evil eye (mal ojo)?

S1: Their eye gets small or gets swollen.

CH: But why do you get it?

S1: If I like you a lot and I have strong blood then I can cut you. Another thing is that you have to kiss the person or embrace the person in order to retract the evil eye.

CH: So it's like when someone looks at a baby -

S1: It's like when you look at a small chick and then you have to kiss it, place some saliva on it, or rub it so that it doesn't die-that's the evil eye.

CH: Because the stare is very intense.

S1: Yes, it's too strong. It is said that it also happens to women when they are on their period or when they're pregnant too.

CH: So if they see something that they like a lot -

S1: That they like a lot. Where I am from there lived a man that was probably as old as he is (referring to Jones), but he's dead already. People knew him as Juan Pinto because he was all spotted. Well, I had my kids Wilma and Byron and I would sit them in a basket while I went to the market (mercado). He was my neighbor but he never liked me. He was known as Juan Pinto because he was afraid of people. He was an evil man. Shortly after he was around my kids, my son was at the point of death. He had the ability to kill quickly. The afflicted person could counteract this by getting kissed by the perpetrator. Now sometimes this can be fixed by placing a cross, made of peppers (chiles) here, or lemons in the form of a cross so that nothing will happen to the person. Back where I am from, they used to place us in baskets. Over there they don't have spiders, cribs or anything. They used the kinds of baskets that are used to shop at the market, to place children in. A short time after a child has contracted the evil eye, he/she begins to exhibit a backward motion like this, and if they don't get treated soon, their bile (*hiel*) bursts and they die.

CH: Bile, what is bile (*hiel*)?

S1: Bile (*hiel*) is what kills all the food. It breaks down the food. It's near the heart and the liver. It's a green thing, and if it bursts it is mere poison. You can treat this with eggs, baby chicks or chickens.

CH: If it bursts?

S1: No. If you have a baby and it's very beautiful and you're one of those people that don't like people touching your child, it becomes a receptor for the evil eye. You might not know what is wrong with the child, but it begins to kick and scream and cry and you don't know what it is.

CH: So how do you treat this condition?

S1: You have to pass an egg over the body, in the sign of the cross or you can also use a grinding stone. For example, if a woman is with first child, that is she has never had any type of miscarriage or abortion, she can take a child, place him/her in her slip or her apron and do like this...over the grinding stone, or she can lay the child on the grinding stone and place her hand over the child and stone, while making the sign of the cross.

CH: How are the baby chicks used?

S1: You take the yellow, baby chicks, and you pass them over like this...while praying three "Our Fathers."

CH: And when you pass it over the rock?

S1: When you do that you recite three "Hail Marys." You do this when the child is very sick, because they can get very sick. They can break out with a fever and many bad things or they start making like a huffing sound, like they can't breathe well.

CH: They can't breathe right.

S1: They die.

Talking to MOJ: So he just told me about some of the illnesses that could happen due to evil eye...let me ask-

CH: What is "Mormadito"?

S1: Mormado?

CH: Yes, Mormadito...you've never heard of mormadito? It's an illness that little kids get...you don't know of it?

S1: No

CH: And what about "fallen crown" (*mollera caida*)?

S1: That can happen when a parent takes a child, and playfully moves and shakes them causing an indentation in the crown area of the head-this part here...see? This can happen to a child from the moment that it is born until it reaches the age of three. We all have it but by the time we're about ten or fifteen years old it has become hardened.

CH: Like with my niece...

S1: Well I don't know how old your niece is but it happens most often from the first day to the age of three.

CH: They say that it is still soft at four months.

S1: Yes, it's very soft and what happens is that their poop turns up green. From this point on they contract something known as "**crenus**." I don't know exactly what happens with that but they die.

CH: What happens?

S1: What is it called? - I think its called "**frenus**." It's like a girder (*viga*) that gets plugged up inside-making it difficult for the child to suckle. The child starts to make a strange "qooa, qooa" sound when trying to suckle.

CH: This happens to babies?

S1: Yes. They can no longer suckle because this here moves down and it causes the windpipe to become blocked.

CH: How do you treat that?

S1: You treat this condition by holding the child by his/her little head and slapping the bottom of their feet three times.

CH: You hold them from the head or the feet?

S1: You place them face down with much care, making sure that both feet are held in place evenly. Otherwise, one leg might turn out shorter than the other. You hold their feet like this and you slap the bottom of their feet. Then you get a basin of cold water. You don't use refrigerated water. You use regular tap water, and...and this has to stay like this, because the water pulls.

CH: Aha, so you only use three slaps.

S1: Yes. If it has...what do you call it -

CH: Nails?

S1: You have to go to a person that knows what he/she is doing. You use this finger and slowly press in like this.

CH: From the inside out?

S1: Now we no longer have a hole there, but babies do. Slowly, slowly, because they can die.

CH: Slowly?

S1: Yes.

CH: We just talked about “fallen fontanel” (*moyera caida*) and what he does for that, and he basically said, if you take the baby and carefully take the baby upside-down and tap it’s feet three times and um... sometimes when children have sunken fontanel. When babies have sunken fontanel -you have some type of, like a fallen mouth bridge of some sort, so you have to massage it with your thumb from the inside softly.

S1: Slowly like this with this.

CH: With the thumb.

S1: On the very roof of the mouth.

CH: And that’s all you do. And the babies get better -

S1: They get better after three massage treatments.

CH: After like three times of doing that process.

S1: Because they get a lot of indigestion, they cry a lot, and they sound like their nose is stuffed up.

CH: They cry a lot, they have soft green stool, and they feel stuffy like they can’t really breathe really good-and they cry a lot.

S1: There is also something else that can be used for colic. When a child is a newborn and you have a husband that treats you badly and you are upset but can’t fight back, since you have the child, it is eating/taking in, your bile (bilis), your anger. He is taking it in because babies get their nutrients directly from the mother when they are in the stomach. So when these children are born, they cry a lot. They cry and cry and they don’t let you sleep. They are very desperate. So, you must give them, what is called “*mana*”. It is a powder like this. You dissolve it in a little bit of water and it is given to the infant via a sucker made of cloth. “Mana,” is something you find in the market places in Guatemala- “mana” for babies. There is also a thing that is used in case the child has a stomachache. When a child cries a lot they might even get a little purple from crying so much, and the mothers don’t know what to do. This is a typical case for new couples that don’t know how to care for a child. This is treated with a little bit of “castile rose” (rosa de castilla). They are these small, fine roses that are pink.

CH: Yes, I know what you’re talking about. I’ve seen them. They are very, very small.

S1: They sell them in botanicas and many other places-castilian rose. You combine it with the grain of anise, and two leaves of juniper (cedron). You bring it to a boil and you mix in a small amount of sugar. You give it to your baby via their bottle- about four ounces every so often. This takes away there stomach ache.

CH: This is good for colic?

S1: Yes, because it removes the bile. They have bile inside and this is why they cry a lot. Their stomach hurts.

CH: And that's from when the mother had the baby inside and the baby was-

S1: Growing, and the father was giving it much anger or even when it was already born. Many women breastfeed their baby...and...and...if you breastfeed the child and you are yelling and arguing with your husband, then that anger is transferred into the milk. Personally, I feel that when a woman gets mad it's best not to feed the child, the person can pump the affected milk out first, dump it and then give it new milk.

CH: So right now we just talked about the things that could occur due to a fit of anger, and that's mainly colic for babies, like if a mother is pregnant and her husband makes her really angry or she just has a lot of anger, or when the baby is in there feeding from the mom inside the stomach, the baby will drink...will be feeding and will get the anger and will turn into like a colic so when the baby is born, the baby will cry all the time and you have to get this stuff called "mana," which is a powder, and you gotta make it into a paste with water and then give the baby like drops of it, and then also he gave me another recommendation for colic. Once the babies are born, which has to do with little tiny castilian roses and anise.

J: Are there other results of prenatal influence of seeing snakes- birthmarks that result in other illnesses from seeing or experiencing something?

CH: Are there any other type of illnesses or other reactions that babies might have due to the things the mother goes through while she is pregnant? For example, if...we've heard that there are some mothers that...if they eat too many strawberries the baby will be born with mark on it's body that looks like a strawberry, a red mark, like a birth mark but red and it looks like a strawberry and that happened because the mother ate too many strawberries.

S1: Those are lies! You know there are some people that are born with half of their bodies being hairy and red-sometimes this is the case for the entire body. Usually it is just a birthmark that the family will have in smaller versions. You could have one and your child could have one that's bigger and in a different place. It is a genetic inheritance. There are some people that get patches of skin that looks like pig's skin and it's a birthmark that has nothing to do with that, nothing.

CH: So there is nothing that can affect the mother and the baby by way of...

S1: Absolutely nothing, the only thing is that when the mother is pregnant, well not every mother gets cravings, but that's the only thing. But it's not a thing that can affect the baby.

CH: He says that's a lie those are not true. He says sometimes people are just born with birthmarks and its something you inherit from your family.

S1: Could you wait for me a while?

CH: Yes. At first he was able to take the time off, but it seems it's too difficult a task for his wife alone.

J: It's true.

CH: So you know I'm trying to explain that to him.

MOJ: We can continue.

CH: In respect to what we were talking about- the influences about the things that happen to the mother, I wanted to know if you knew if seeing a snake or a having a scare, while pregnant can affect the mother?

S1: To the mother, yes. They can die. In some cases there are some women that have very violent husbands and if they come in and strike them they get scared and can die sometimes. They get swollen.

CH: They get swollen?

S1: Yes, they get like a balloon.

CH: And that's bad for the baby.

S1: Yes, that makes the blood like sugary, it all goes bad.

CH: Can this be cured?

S1: Not really. You can cure it but it's difficult. There are some people that get chased by cows or a dog that's about to bite them and there are some cows that are mean, you see there are some people that sometimes cross the stables and that can kill you too. It cuts your blood flow. Like if someone came in here suddenly and put a gun to you- it would scare you and that's very bad.

CH: But that's something that can happen to anybody not just pregnant women, right?

S1: Yes, this can happen to anybody.

CH: If a pregnant woman is scared by something but does not get sick?

S1: She aborts. Any big scare or anger can cause her to abort. For problems with the evil eye (mal de ojo)-for example when a person's eyes become really red- here they call it an infection in the eyes. Also as a result of this you can get sticky eyes and they get swollen as well. You might not be able to see. Kids and grown-ups get it. For treating this condition you can place two white roses in a small plate like that with some grains of

salt and you put it out to catch the night's dew. In the morning you collect the water from the dew mixed with the salt and you use that in your eye.

CH: And that cures it?

S1: Yes, you gently stroke the flowers like this, you stroke them back and it goes away. The (escupelos), you know what (escupelos) are, right? They are sties-these blemishes/pimples you get here. You cure that by rubbing this area with a cat's tail.

CH: You rub...

S1: ...A cat's tail on it.

CH: The tail of a real cat?

S1: A real one, yes.

CH: What can you tell me of (pispelo)? Do you know what "pispelo" is?

S1: What is "pispelo"?

CH: Or if someone gets "chucaque." Have you heard of "chucaque"? No, ok. Is there any ailment that might afflict a person if they have-how do you say...If someone experiences a lot of embarrassment and that causes them to get sick?

S1: Like a fever?

CH: I don't know.

S1: I don't know about that.

CH: Any ailment they get.

S1: Sadness?

CH: Yes a sadness.

S1: You can cure sadness with some rue (**ruda**) baths, and getting a good cleansing. This is how you get rid of sadness. Also by taking a walk in the park to distract you so you can forget about it.

CH: What about sadness and depression?

S1: Sadness comes from, if for example, someone from my family were to die then this would be very hard on me. Also, if someone that I love a lot suddenly leaves.

CH: And what happens to a person that is very sad?

S1: They get really down and from this they could even turn to drugs and even become a drunk.

CH: Because of the sadness?

S1: Because of the sadness, and all the crying.

CH: And so one must-

S1: That's why some people take drugs. Some people will talk about wanting to go out and kill someone, so that they themselves will be killed. It is sheer craziness. Their nerves become altered.

CH: Due to the sadness? What do you do for it to go away?

S1: Put some - well...I can't cure that. The only thing you can do is talk to the person. Over there they do it differently but I don't know about all that. All I know is that they give you injections for that-to calm your nerves.

CH: Over in Guatemala?

S1: Yes, and they also drink a remedy for that – known as (*cascara sagrada*) and valerian (*valeriana*). Both help to calm and relax the nerves. Also orange flower (*Flor de Naranja*).

CH: For Sadness?

S1: For depression and all of that.

CH: So you don't know what (*Pispelo*) or (*Chucaque*) are?

S1: "Pispelo" is probably the same thing as "Escupelo".

CH: Well maybe it's the same thing.

Talking to MOJ: He's not sure what "Pispelo" means. He thinks it might be the same as (Escupelo)...

S1: "Pispelo" is this here.

CH: He gave me a remedy for it. It's like, like bumps under your eyes.

S1: You can also cure that by passing an egg like this in the sign of the cross over your eye.

Talking to MOJ: You get rid of that by passing an egg in the form of a cross over your eye, or rubbing a cat's tail over your eye.

CH: Have you seen when babies are born with their lip split?

S1: “Jananos.”

CH: Why does that happen?

S1: Because the mother is weak. Over there many kids are born like that, and some people say that the eclipse, that is when the moon is having sex or fighting with the sun, (there are different beliefs), this is when many people hang a piece of iron on the cows and pigs. A piece of iron or anything that they can hang on a chain is also used. There are people that make noise by banging on tin or some metallic substance, so that the eclipse will not pass through there.

CH: So that the eclipse will not pass through there?

S1: Yes, so that the eclipse will not pass through there. Since this is something belonging to the moon it's of the stars and it can fall on a person and cut them. This is one reason why a lot of people are born with deformities such as, cleft lip. The moon eats their lip.

CH: Is there a way to avoid that?

S1: You can use a red ribbon here with a metal chain on your waist. That's what you put on your waist and the red ribbon. If you don't place a piece of iron on the cows or on the person, then you can also tie a little lock right here in front of their stomach.

CH: That's done so the eclipse does not affect them when it is passing or what?

S1: It's so that it won't fall on them. It directs it towards the metal and not...its like satellite and -

CH: Like a ray of -

S1: Like a laser ray. So, that goes into this and not on the skin.

CH: And this is called cleft lip “*jananos*?”

S1: people with cleft lip (Jananos).

CH: And over there how do you fix it? Do you have to take them to the doctor to sew them up right?

S1: Not really, but not all of them. There are lots of people with “cleft lip” over there. Sometimes part of their gums are eaten away. They can't even talk. To talk they have to put these two things together. They have a cut somewhere in there.

CH: They are cut?

S1: Also, there are some that can't talk because they have to have something in their mouths removed, and the doctors don't remove it.

Talking to MOJ: He was just telling me about ‘hair lip’ and he says...

S1: This thing here is called “**frenesillos**” when someone can’t speak right. Those with “frenesillos” have a stringy material, a (liga) that is longer than what is normal.

Talking to MOJ: Ok, so he just said that “hair lip” is due to an eclipse and he gave me a remedy of how to cure it. You rap a red band around your stomach or something with metal so that the energy from the moon hits the metal or the red belt around your stomach rather than hit you, because the moon is what eats away at your lip and causes that cut.

MOJ: Is this not the pregnant woman who does this?

CH: That is the pregnant woman.

S1: Sometimes when the eclipse gets them too strongly it can kill them instantly.

CH: But people with hair lip (**jananos**) are born that way because their mother was pregnant when the eclipse occurred, right?

S1: Yes.

CH: And what happens if there is a pregnant woman that has the craving to eat something and she is unable to fulfill it- can the baby become sick or can she?

S1: No, sometimes -

CH: Does she break out with some kind of allergy?

S1: No. If the mother craves something, and she starts to salivate then her child will have a tendency to walk around with his/her mouth open and drools all the time.

CH: Can this be cured?

S1: No, that’s just - he’ll continue to walk around with his mouth open and drooling. He’ll be like that always.

Talking to MOJ: He says if a woman’s craving is not satisfied during pregnancy her child will be born, always with his mouth open, like he/she will walk around with his mouth open and always be drooling, and that’s not something you can cure or fix. It’s just how it is.

S1: You’ve never seen kids that walk around like this?

CH: Yes. Also, they will always be drooling and that’s not something you can cure or fix, it’s just how it is.

S1: There are some that even get a sickness in this area from drooling too much.

CH: And can you cure the sickness they get from drooling too much?

S1: No, because that's like a river that's always dripping.

CH: So what happens to them from having this illness?

S1: They get like sores, blisters, and rashes.

CH: He says some people even have a rash or canker sores from constant drooling. But that's not anything they can fix.

S1: When a woman craves something it's best if she eats it because if not it could be bad. Not all women are like that but there are some that are.

CH: Is there some illness that can cause a person to go crazy if they see a fairy (*duende*)?

S1: No, no one. People go crazy when they see the enchantment, that is an enchantment that has to do with God. I don't know if it something that happens at birth but it appears. We are now in the year 2001 right? Lets say I die-me, the witch doctor that I am, in a thousand years, would appear, and haunt and scare people. There are some people that go crazy. Really the people that go crazy are those that begin to practice sorcery but are not sorcerers. For example, there are people like myself that have made a pact. You know a pact is something you don't really tell others about. But now there is a different kind of pact that is like a pact with San Simon. I might not do a certain thing for a given amount of time. Like when someone promises something to the virgin, like their hair and I don't know what else, the nails...I don't know what else people promise.

CH: Like a man in Latin America, I don't know if in Chile or where, but he tattooed all of his body because it was his pact to god, because god saved him.

S1: That guy is crazy! He's crazy! I don't know stuff like that.

CH: But that's a pact?

S1: That's a pact that would be considered normal. But a pact with a spirit is something very different because you cannot fail in anything. If you want to be a sorcerer and I tell you we are going to the cemetery at midnight and you go and when its time to go you are afraid then you fail and you can go crazy.

CH: Can you cure that?

S1: You can't cure it! The person can die because the spirit has won them over, and the spirit has gone inside of them.

CH: But people don't go crazy from seeing the fairy (*duende*), right?

S1: Not everyone can see him. They don't all go crazy. I was once coming from some place faraway, at around 11pm, and the weeping woman (*la llorona*) does exist!

CH: Yes, yes.

S1: We passed a cemetery and then another and we were singing and stuff. We were drunk with this other guy, when I was about 20 years old.

CH: Yes, very young.

S1: When all of a sudden a big herd of horses came out. Now this was a place where there were no horses. This was a coffee plantation. On the other side was an avocado tree about a city block big, huge. On the other side, there was a tree that people have always put fire to but it never dies and it continues to give huge avocados. So, we passed the cemetery and the other and passing through there all the horses came out running and we got goose bumps and it felt like we were in slow motion, we wanted to run but we couldn't and we felt that everything stopped around us...and it came back and a big branch of the tree fell and this white thing fell out too, and we wanted to run but we couldn't. That was the weeping woman (*la llorona*).

CH: Did you get a good look at her?

S1: No, but I know that my uncle did see her and he was going to die. He spent a long time sick because he saw her. Over there, many times at night girls go out at night to talk to their boyfriends and they set a certain time to meet. There was a bakery that was far away because the homes are very far apart, and my uncle got there and called for her from here to there and he says that it would say "come here" and she would just stare at him but he wouldn't go. So the woman walked in his direction but he thought it was his girl. She was transformed. My uncle walked and called for her and when he had walked about a half block and when he reached her she screamed a shrill scream and showed him her teeth. He tells that she let out such an alarming scream like that of someone who falls into a hole.

CH: Oh God.

S1: He says she started to scream and fly after him. He tells that she asked him "do you know who I am?" and showed him her nails, some very long nails.

CH: Did she scratch him?

S1: She was able to scratch him on one leg and he ran and then she threw him in a river.

CH: Is that where you found him?

S1: No, he left but all wet and full of mud.

CH: Then he was sick for a long time?

S1: For a long time he was sick. No one could cure him.

CH: What did he have?

S1: Fright. He says it was the face of a horse- a horse's skull- a horse's skull with a human body.

CH: Yes, My great-grandfather told me that it was half horse and half human.

S1: Yes, but there is a cure for that. Over there they call it...what do they call it...hmmm- "**escuvillo**"

Maybe you've heard of it. You see it a lot all over the roads and it's very hard. You are supposed to grab it and pull it because it is believed to be the weeping woman's hair and it hurts her. She screams loud and leaves. It's called "escuvillo."

CH: That's the only way of defending yourself from her?

S1: Yes, they say that is her hair. They say that plant is her hair so they pull it and tangle it is said that she yells and leaves.

CH: And so that will take away a person's fright?

S1: Yes.

CH: The same person that was frightened has to do that?

S1: Yes.

CH: Ok.

S1: I know another one. Let's say you get married - let's say we live together and you have a shadow (sombra) and you can't have children. The children are born and they die.

CH: They die in infancy?

S1: Yes, when they are very small. Sometimes the first one is born and lives, but the second one carries the shadow (sombra). It is something known as a black shadow because it's a spirit that has attached to the child and eats the other child and that one eats the other one and so on and it will never allow the other siblings to live.

CH: How do you remove a shadow (sombra)?

S1: By buying two black chickens. You boil them and you have the person eat it behind the door. The bones are dropped off at the cemetery. When you go drop off the bones you say, "I come to leave these bones in place of my children." But you have to be hidden behind the door.

CH: The child has to eat the chicken?

S1: The child or adult.

CH: They have to eat the chicken behind the door?

S1: Behind the door so that - well that's the secret. You take the bones and bury them in the cemetery. You announce that the chicken bones are the child's bones and then you can begin to have children.

CH: One chicken only?

S1: Two sometimes. Black ones.

Talking to MOJ: So we just talked about whether someone can become mentally ill due to seeing a fairy (**duende**) and he said no. He told me the weeping woman (**la llorona**)- that if you see her you become really ill and that happened to his uncle and how you can get rid of that fright (**susto**) that happens to a person when they see something like (**la llorona**) and then he just told me about (**sombra negra**) which is like a black shadow. Like if I have a black shadow and I get married and I give birth to my children, my children will all die because my black shadow will be killing them, or if my son or daughter is born and has a black shadow, then any child after him/her will die because the black shadow of that child will be killing them. So, to get rid of that shadow you have to have two chickens and eat them behind the doorway and then pick the bones into the ceremony.

MOJ: Why does someone have black shadow? Where does that come from?

CH: Why do people have black shadow (**Sombra Negra**)? What causes it?

S1: Sometimes it's like a bad spirit that gets attached or sometimes just bad luck that you might be carrying.

CH: Bad luck or bad spirit that sticks to you.

S1: The children will be born but they die. It is said that you are eating them, because the person is -

CH: Because the person's shadow is finishing them off.

S1: Yes.

CH: Have you heard of urine retention? Is there some sickness that makes it difficult for a person to urinate?

S1: Yes, inflammation.

CH: Inflammation?

S1: Yes.

CH: And what causes that?

S1: A person will urinate only in drips and sometimes it will contain some blood. The person's urine might be very red. For that you take an herb called "horses tail" (**Cola de Caballo**) that is tubular...and one that is called (**Sauco**), that's a white flower and the Jamaican rose (Rosa de Jamaica). But if it does not go away - lets say that right now you are in a lot of pain because you can't urinate and it hurts a lot. What you would do is take some salt and you put it in your belly button.

CH: Saliva with a bit of salt?

S1: Yes, and a glass of water with salt and you get rid of it.

CH: And you have to take the “Horse tail” (*Cola de Caballo*) and the (*Sauco*) and (*Rosa de Jamaica*) all together? Does it all have to be prepared together?

S1: No, at different times.

CH: So, you would take only one at a time?

S1: Yes, there is also an herb called (*Taray*). It’s like “cat’s claw” (*Uña de Gato*).

CH: And that’s good for inflammation that is caused by urinating in drips or due to blood in the urine?

S1: Yes.

CH: Does that affect primarily men, women, or kids?

S1: Everyone. It is most common during the hot season. You treat children with lard baths (baños de manteca).

CH: How do you do that?

S1: You place them in a bucket and you take a pound of lard and you rub it all over their body. You do even its “pipi” and everything.

Talking to MOJ: He said people who have urine retention it’s the type he described the symptoms as, not being able to urinate, you only urinate a little, drop by drop or you have blood in your urine-red urine. He calls it inflammation and he says you can either take “horses tail” (*Cola de Caballo*) a drink of that or (*Sauco*) or (*Jamaica*) or (*Taray*) or if it is a child you take them to the bath and [you have to rub lard on them from waist down and if it’s a little boy you make sure that you put it on their “pipi” parts or little girls too. You put it on all their body to cool them because you get that from heat.

MOJ: What about Shame?

CH: I asked him about Shame.

MOJ: What about Melancholy?

CH: I asked him about that.

MOJ: Sadness?

CH: He says there is really not much you can do for that except talk to a person, take them for a walk at the park.

MOJ: And other mental illness? Anything he considers mental illness and what causes it and how you treat it.

CH: Uh, let me ask him about salt deficiency too.

CH: Is there any mental illness that perhaps we have not talked about, that we have not asked you about?

S1: Mental illnesses come in many forms, there are people that are crazy from birth and there are those that become crazy because of many problems. I was at the point of becoming crazy, almost three years ago. Depression can kill you. I was here doing consultation with a woman client-doing the cards and all of a sudden I froze. I thought quickly and asked the lady to excuse me because I couldn't attend to her right then. I had a fountain with water outside. I went there and splashed some water on my face and I noticed it didn't do anything. I was pale-white! And I couldn't think of anything, my mind went blank. They say I asked to be taken to the cemetery but before that I asked to be taken to a doctor quickly. From then on, they say I wanted to run and I would jump and shake until they took me and gave me a few injections of (*Neorobion*).

CH: What's that?

S1: "Neurobion" are capsules that are good for the brain. I was hysterical and I was like this and I couldn't think anymore. I could look at you and I didn't know who you were. I couldn't think of my home, my kids, or nothing! I couldn't remember anything. That was a big problem.

CH: And only "Neurobion" was able to make you react?

S1: Yes, during that moment, yes. Because I was like...when something goes spinning and spinning and everything gets erased-I went blank! I didn't know anything. I was like stupefied for some months.

CH: Six months?

S1: For three months I was like that. I couldn't lift my face up.

CH: Could you work then?

S1: No, I lost it all. Everything was erased. It wasn't a headache it was like nothing mattered anymore. That was very hard. That was due to depression or problems one has and there are many people that that this happens to. There are many people that end up at the crazy bin and they are not really crazy. What happens is that they have many problems and they are misunderstood people.

CH: Ok, but what about other mental illnesses that are not commonly known?

S1: Well people can also go crazy by drinking pig's milk, like it is done in witchcraft (laughs).

CH: With pig's milk?

S1: Yes, drops of it. They won't know what they are doing! Instead of peeing somewhere unseen, they pee facing people. Instead of hiding and going to the bathroom they do it in front of you.

CH: They do everything backwards?

S1: Yes.

CH: And can that be cured?

S1: ????

CH: And do they get better?

S1: No, they don't.

Talking to MOJ: You want to make some body crazy, just give them drops of pigs milk and they'll do everything backwards. If they think...if they are thinking of urinating in private they'll urinate in public, etc.

S1: People also become crazy when they use a lot of drugs and they don't want to let it go and then they begin to see things like they see the devil, they see death and see many things, but they are gone in the mind.

CH: Have you heard of spiritual windows (Ventanas Espirituales)? That if one does too many drugs you may leave the window open and that's what causes visions?

S1: They are already crazy...the apparatus that makes them think is probably broken...and that burns it.

CH: The drug burns it?

S1: Yes. I have lots of respect for that. I always warn people about that to stay free of that. It ruins many good people – people with good minds, with money. I know this lady that was my client. She lives in Malibu- a very famous person, she and he. The man began to drink one year. He designs homes and buildings.

CH: An Architect?

S1: Yes, but an architect in Malibu not just any old place. He was a millionaire. He had a home in Topanga Canyon. I don't know what they call it. You know in that area, houses are very costly. He owned a million dollar mansion. One day this man broke the windows, started breaking everything, even took some of his wife's money out of the bank. He mortgaged the cars and everything. We are talking about a contractor who was doing very well. He started by using Marijuana and from there he moved on to crack and then he got a hold of Crystal and it was over! He even started using his VISA to buy drugs. Can you imagine? He burned away lots of money in one year-a man who was a

very famous contractor. I have much fear for that kind of stuff. May god protect us from that! I always talk to people, and sometimes they say that when they have problems this is where they find relief- an escape. But what kind of an escape/release is that? You dig yourself in deeper. I tell them, that's not an escape! People that take that road are ruined. They steal. They do all kinds of bad things!

CH: For drugs?

S1: For drugs, because there is no one to give them money and if they do it one time then often they keep doing it. That is stuff I have much fear for. That kind of stuff scares me.

Talking to MOJ: He says drugs can make you crazy, that that is one thing he respects, don't touch...you know...

S1: Not even playing around.

Talking to MOJ: Yeah, not even as a joke because once you try it your hooked. Some people say that it's an escape and he says what escape? You are only making it worse and that, that is the only other form of mental disability he can think of.

MOJ: How does he get a person to drink the pig's milk? Is it disguised in fluid or does he lie about what it is?

CH: If someone is trying to bewitch someone with the pig's milk, how do you make him/her drink the milk?

S1: You put drops of it in their food.

CH: ...Secret...disguises it in food.

S1: Isn't this bad?

CH: No, not at all.

S1: I guess one should know that, right?

CH: Yes, it's not bad at all.

Do you know if there is an illness caused due to a lack of salt in the body? For example, if they baptize a baby and they don't give him/her enough salt, they say that the baby becomes dumb or something?

S1: You don't give them salt. Because if you have kids, it is the salt that makes them dumb, clumsy, and also rebellious, so that if you talk to them it is as if you were talking to a rock.

CH: So the thing is not that they lack salt but rather that they eat too much salt?

S1: They go dumb. They become like an animal that doesn't understand –rebellious and clumsy. One should not let them start.

CH: Is there something you can give them so that they don't crave salt?

S1: Hit their hands (laughs). No, I really don't know. All I know is that it is bad.

Talking to MOJ: He says it's not a matter of salt deficiency rather they want to eat salt all the time. Children want to eat salt all the time, and he says that makes them rebellious and dumb and the only way you can stop them is giving them a little slap on the hand or just keeping them from salt.

S1: Another thing that happens to kids, is that sometimes they wet the bed.

CH: Yeah, even awake!

S1: Yes. That's because the intestine used to urinate is very cold. How old is the kid?

CH: Six.

S1: You have to warm him up with your hands and with candle wax-but it has to be a candle made of animal fat. You do like this. It's cold there and that's why the urine is loose. Also, it just might be a bad habit. For this you have to take them to the ocean and have them pick up pumice rocks. Then, you have them sell the rocks to people so that the child becomes embarrassed. That's the secret!

CH: So the secret is he has to go?

S1: They have to pick up the pumice rocks. Are you familiar with pumice rocks?

CH: Yes.

S1: Once the child picks them up, you then you have him sell them to who ever so that he gets embarrassed.

CH: So who has to sell the rocks?

S1: The child. Of course people don't know why he's doing it, so you warn people ahead of time so that they know and go along with it.

CH: And so that's the secret to stop him from urinating?

S1: Yes. Another thing is that there are people that don't like getting up and so they develop this bad habit. Is he eight years old?

CH: No, he's six.

S1: Oh, he's still quite small.

CH: I think it's just a bad habit. Ok, we have to change the tape now.

END OF TRANSCRIPTION